SKIN BEAUTY

Tib e Ahlebait a.s

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Ahlebait

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Dedication

We are thankful to Allah Almighty that he has given us the opportunity to share Tib e Ahlebait with Momineen and Mominat and with the whole world. We are gifting this struggle to the mother of Imam Hassan a.s and Imam Hussain a.s the beloved daughter of prophet Muhammad P.B.U.H and wife of Imam Ali a.s hazrat Fatima s.a and Imam Mehdi a.s. May Allah give us more tofiq to spread Tib e Ahlebait everywhere to fulfil our promise with Imam Mehdi a.s. may Allah accept this struggle, Ameen. We request to all Momineen and Mominat to pray for us that Allah help us in this way to bring a revolution in the world by Tib e Ahlebait. Ameen

In the name of Allah Almighty

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Skin diseases and beauty of the skin

Imam Ali a.s said:

Allah is beautiful and loves beauty and he wants to see his blessing on his creature.

(Usool e Kafi pt pg 8)

Prophet P.B.U.H said:

The worst is who is dirty.

(Usool e Kafi pt 8 pg 10)

Ahadith

Beauty and ugliness of the face

Things which makes face dark:

Prophet P.B.U.H said:

1. Adultery has five disadvantage it darkens the face, brings poverty, make Allah angry and the doer will be burn in hell.

(Usool e Kafi pt 3 pg 573)

2. Don’t lie it make your face dark and ugly.

Imam Ja’far e Sadiq a.s said:

1. Kidding too much reduces the face brightness.

(Usool e Kafi pt 2 pg 445)

2. Laughing and joking too much reduces face brightness.

(Usool e Kafi pt 2 pg 446)

Things that make face luminous:

Imam Ja’far e Sadiq a.s said:

Offer tahajjud it makes your face shinny and bright.

Zikr for Fce brightness:

“Ya Hayyu ya Qayyum ya man La Ilaha Illa antha”.

Thing that destroy face beauty

Prophet P.B.U.H said:

1. Don’t dry your face with towel it ruins the freshness of the face.

   (Usool e Kafi pt 5 pg 118)

2. Sun rays can damage the skin and can cause skin disease.

   (Al Khisal pg 449)

3. Pride ruins the beauty.

   (Bihar ul Anwar vol 77 pg 59)

Imam Ali a.s said:1

1. Don’t sit in sunlight with direct sun rays on your face it can cause disease.

   (Mustadrak ul Wasail pt 12 pg 575)

2. Don’t fight or laugh too much it ruins the personality.

   (Usool e Kafi pt 2 pg 445)

Imam Ja'far e Sadiq a.s said:

Don't pat your face with your shirt it damages the skin.

(Mustadrak ul Wasail pt 1 pg 233)

Imam Ali Raza a.s said:

Eating too much eggs can cause freckles.

Hazrat Isa a.s said:

Overeating causes ruins the beauty.

(Al Khisal pg 249)

Things that increases beauty

Prophet P.b.U.H said:

1. Eat roses and rub it on your face it brightens the face.

   (Makarim ul Akhlaq pt 6 pg 519)

2. Eat pumpkins (and zucchini) it increase the freshness of the face.

Imam Ja'far e Sadiq a.s said:

1. Removing nose hairs increases beauty.

   (Al Kafi pt 6 pg 488)

2. Henna eliminates bad smell of the body and brightens the face.

   (Al Kafi pt 6 pg 484)

3. Pear make the face beautiful.

   (Bihar ul Anwar pt 63 pg 170)

4. Eat chicory it makes you beautiful.

   (Bihar ul Anwar pt 63 pg 208)

5. When you wash your hands after meal than rub them on your face it prevents your face from wrinkles and protects your beauty.

   (Tib Imam Sadiq a.s)

6. Cleanse your face with wuzoo water it cures freckles.

7. Start your meal with some salt it prevents your face with moles.

(Al Mahasin pt 2 pg 553)

8. Eat quince at breakfast it increases face beauty.

(Al Mahasin pt 2 pg 549)

9. 4 things make face beautiful, looking at beautiful face, flowing water, greenery and applying kohl at night.

(Al Khisal pg 237)

10. Onion makes breath fresh, makes sperm and softens and brightens the face.

(Al Kafi pt 6 pg 374)

Imam Musa Kazim a.s said:

Wash your hairs with fullers earth it makes you beautiful.

(I'lal Ush Sharaye' pt 1 pg 292)

Imam Baqir a.s said:

Massaging oil on eyebrows and head make face beautiful.

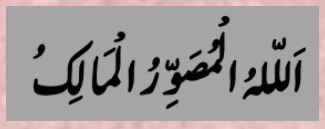
Imam Ali Raza a.s said:

Eat melons it cleanses the face. (don't eat at breakfast)

(Takhassusi Tib Islami)

Ayat and Zikr for beauty

If face become dull and dark recite this zikr 111 times after prayers with salawat at start and end on palms and rub them on face Insha'Allah it will cure the problem.



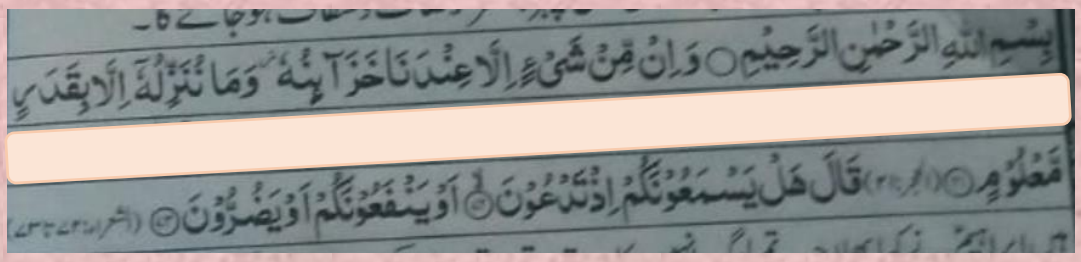
Freckles

Make the mixture of fig, milk and barley flour and apply the paste on face it will cure freckles.

(Majma ud Da’awat)

Recite these verses 3 times while touching your face, the freckles will disappear after some days.

Waa in min Shai in illa in dana khazainuhoo wa ma nunazziluhoo illa biqadarin ma ’loom. Qaala hal yasma’oonakum iz tad ‘on. Aw yanfa’oonakum aw yadhurroon.



(Makarim ul Akhlaq)

For bright face

Recite 11 times this verse of Quran with durood at first and last on water and then take bath or Wuzoo by it, his color become light.

وَاَمَّا الَّذِيْنَ ابْيَضَّتْ وُجُوْهُهُمْ فَفِيْ رَحْمَةِ اللّٰهِ هُمْ فِيْهَا خٰلِدُوْنَ

Surah Aali Imran/107

(Nawai Saliheen pg 336)

Face dullness

Eating blood:

Whoever eat blood, his face become dark and yellow, he will be cruel and impatient and vile.

(wash meat thoroughly and then cook)

(Mustadrak ul Wasail vol 14 pg 359)

Sleeping while rising and setting of sun:

Imam ja’far e Sadiq a.s said:

Sleeping at early morning reduces sustenance, darkens the color and brings curse.

(it causes several diseases to sleep in these times)

(Mustadrak ul Wasail vol 4 pg 853)

Eating mud:

Prophet s.a.w.w said:

Don't eat mud it has three disadvantages makes face dull, brings illness and enlarge the stomach.

(Bihar ul Anwar vol 59 pg 300)

Eating Potash:

Imam Baqir a.s said:

Don't wash your hands with potash it brings face dullness, weakens the joints and causes bad breath. (same with its eating)

(Bihar ul Anwar vol59 pg 234)

Reasons:

1. Blood deficiency
2. Eating blood
3. Sleeping while sun is rising and setting
4. Eating mud
5. Eating Potash or washing hands with it

Cure:

1. In case of blood deficiency eat grilled meat and chives
2. Wash meat thoroughly
3. Cucumber peel+ chicory+ peduncle+ Jaggery boil them and drink

Medicines in Tib e Ahlebait a.s:

1. Maqal arzuq
2. Murakkabe 2
3. Murakkabe 4
4. Sawiq e jo

5. Sawiq e Gandum
6. Murakkabe 1
7. Saaf kunandeh
8. Syed ul Adwiyah
9. Olive oil

Things that cure face dullness

Cucumber+ chicory+ peduncle

Imam Hassan Askari a.s said:

Boil Jaggery+ peduncle+ cucumber peel (organic) and chicory and use it.

(Takhassusi Tib Islami)

Hazrat Isa a.s said:

When the meat is not washed thoroughly and cooked it causes face dullness and paleness, and if it is washed thoroughly it reduces face dullness.

(Takhassusi Tib Islami)

Imam Musa e Kazim a.s said:

The face dullness is due to blood deficiency as well, to reduce face dullness eat grilled meat and chives a lot.

Prophet s.a.w.w. said:

Eat onions a lot it reduces face darkness.

Face swelling

Hazrat Isa a.s said:

Closing mouth while sleeping can cause swelling of face.

(due to oxygen can't pass thoroughly)

Imam Ja'far e Sadiq a.s said:

For face swelling boil jiggery with chicory and drink it.

Causes:

Sleeping with closed mouth

Cure:

1. Chicory
2. Chicory + Jaggery boil and use

Wrinkles, Spots, Dullness and darkness of the face

Causes and treatments in Tib e Islami

Reasons:

1. Eating eggs at daily basis
2. Rubbing or patting face with towel
3. Touching shirt on face
4. Overeating
5. Not cleaning nose hairs
6. Direct sun light on face
7. Pride

8. Melancholic
9. Blood problem

Cure:

1. Massaging of face with rose
2. Eating rose
3. Starting of meal with salt
4. Rubbing washed hands after meal on face
5. Quince at breakfast
6. Pears
7. Chicory
8. Beetroot leaves
9. Lettuce seeds
10. Cleaning nose hairs
11. Applying henna
12. Washing of hairs by fuller's earth
13. Rubbing of face with wuzoo's water

14. Onions
15. Zucchinis
16. Melons (not at breakfast)
17. Pomegranate juice
18. Vinegar +morid

Medicines in Tib e Ahlebait a.s:

1. Saaf kunandeh
2. Daroo e Safra bar
3. Cream giyahi

Face dryness

Cure:

1. Apply Violet +olive oil on belly button at night
2. Daroo e soda bar
3. Massage body with oil before taking bath

Darkness of face

Reasons:

1. Joking
2. Laughing a lot
3. Lying
4. Adultery
5. Fighting

Cure:

1. Pray to Allah for forgiveness
2. Tahajjud's prayer
3. Doing recommended things by Aimma
4. Recitation of Holy Quran
5. Stop prohibitions and hateful things
6. Allah's zikr

Dark circles and swelling of under eyes

Reasons:

1. Kidney problem

Cure:

1. Murakkabe 4
2. Walnut + carom
3. Grape vinegar+ honey (pure) apply it at night and wash at morning

Skin diseases

Reasons:

1. Liver heat
2. Blood problems
3. Bilious and melancholic
4. Sanguineous

Treatment:

1. Daroo e henna
2. Syed ul Adwiyah
3. Peanut lentils soup

4. Sawiq e adas (lentil)
5. Noora Tbi’e
6. Daroo e bin Bastham
7. Saaf kunandeh
8. Daroo e Safrabar

Things to avoid:

1. Hot temperament food
2. Plastic utensils
3. Oily and spicy food

Treatment and cure of wrinkles, spots etc.

1. Saaf kunandeh
2. Wheat cream
3. Rose cream
4. Royal jelly cream
5. Rose water+ sesame+ vinegar

Eczema

Itchiness, redness and red pimples occurs on face.

Symptoms:

1. Itchiness
2. Skin burns
3. bleeding
4. skin rash
5. Red patches on body
6. Dryness

Reasons in Tib e Ahlebait:

It has two kinds

1. It occurs on hot summer due to bile
2. And it occurs on winters while melancholy
3. Plastic utensils
4. Leather wearing or jacket
5. Liver problem

6. Blood disorder

Treatment in Tib e Islami:

1. Murakkabe 1
2. Henna+ Noora Tabi'e
3. Cupping of feet 3times
4. Saaf kunandeh
5. Dried curd water + almond oil

Beneficial oils for skin

1. Galangal oil
2. Apple vinegar
3. Moringa oil
4. Cestus oil

Note:

1. Eat 7 plums before dinner
2. Eat chicory
3. Quince early in the morning

4. Salad leaves
5. Orange juice
6. Boil 2 whole lemons and boil them along its peel and take bath with it for 3 to 4 days

Beneficial foodstuff:

1. Pomegranate
2. Chicory
3. Beetroot leaves
4. lettuce
5. Chives
6. Jojoba
7. Oranges
8. Quince
9. Jojoba leaves tea

(Tib ul Mufid pg 35)

Things to avoid:

1. Eggs
2. Oily food
3. Deep fried items
4. Mud
5. Dust
6. Pollen
7. Shampoo and soaps (with chemicals)
8. Leather
9. Old water
10. Plastic

Burning

In case of sun burn or hot water

Vinegar+ rose+ lentil

Grind lentils and make paste with vinegar and rose water and apply it on burned area. In case of dry layer, the Jame' is best.

If the burned patch is old about 20 to 30 years then apply paste of red roses with vinegar on it.

How to make rose oil?

Mix red roses with olive oil. And leave them for about 1 month. Then strain it. It becomes more beneficial when the step is repeated for another 1 month. It is better to take fresh flowers of rose.

Moles

Imam Ja'far e sadiq a.s said:

Starting of meal with salt prevent moles.

Reasons:

if the moles are dark in color it is the sign of melancholic temperament.

Treatment:

1. Aftimoon
2. Noora Tbi'e
3. Murakkabe 1
4. Saaf kunandeh
5. Violet +olive oil+ Noora+ henna apply the paste on moles
6. Jame'+ black seeds+ honey

If the moles are not dark, then it is the sign of blood problem.

Treatment in Tib:

1. Saaf kunandeh
2. Daroo e henna
3. Syed ul Adwiyah
4. Jame'+ black seeds+ honey

Other treatment in Tib e Sunnati and Greek treatment

1. Garlic+ apple cider vinegar+ salt make paste and apply it on moles at night and cover it.
2. Aloe Vera+ coconut oil make paste and apply it for about 2 to 3 weeks daily.
3. Rubbing Banana peel is also beneficial.
4. Baking soda+ castor oil paste

Food:

1. Apple cider vinegar + honey
2. Eggplants
3. Bitter cord
4. Kiwis
5. Almond oil
6. Sesame oil
7. Olive oil

8. Lemon juice

Psoriasis

Reasons:

1. Liver problems
2. Depression
3. Liver heat
4. Melancholic temperament

Treatment:

1. Murakkabe 1 /2
2. Saaf kunandeh /10
3. Henna /5
4. Syed ul Adwiyah
5. Noora
6. Cow's fresh milk and honey at breakfast
7. Mulberry
8. Have hazelnut oil
9. Drink apple juice with honey

10. 1galss of water+ lemon juice+ honey drink at morning
11. Thyme+ eucalyptus+ chamomile massage with it after every 8 hours
12. Drink Sikanjbin

Things to avoid:

1. Tomatoes
2. Ketchup
3. Fast food
4. Mangoes
5. Bananas
6. Peaches
7. Ghee
8. Plastic utensils
9. Kiwis
10. Eggplants
11. Eggs

Vitiligo

Reasons:

1. **Prophet P.B.U.H said:**

The water which is warmed in sun light and is used for bath, Wuzoo or drinking purpose it can cause vitiligo.

(Al Kafi vol 3 pg 15)

2. **Imam Ja'far e Sadiq a.s said:**

Eating lepidium sativum at night can cause vitiligo.

(Mustadrak ul Wasail vol 16 pg 422)

3. Eating over full stomach
4. Melon at breakfast
5. Intercourse in menstrual period
6. Eating fish along milk
7. Eating Vinegar + milk
8. Less immunity

9. Depression
10. Liver problem
11. Phlegm

Cure:

1. Beetroot leaves cooked in cow's meat and eat once in 3 days
2. Celery
3. Aab e Nissan (rain water)
4. Eggplants
5. Senna leaves
6. Cupping of head
7. Khak e shifa (dust (mud) of Imam Hussain's a.s holy shrine)
8. Angbin vinegar
9. Cutting nails on Friday
10. Washing hairs on Friday with hollyhock

Prophet P.B.U.H said:

1. who will start his meal with salt he will be safe from 70 diseases in which the vitiligo, madness and leprosy are the smaller ones.

   (Uyoon ul Akhbar ur Raza vol 1 pg 46)

2. if someone recite this zikr 3times after fajar prayer will be safe from vitiligo, leprosy and paralysis.

سبحان اللہ وبحمدہ، سبحان اللہ العظیم وبحمدہ ولا حول ولا قوۃ إلا باللہ

(Al Khisal pg 220)

Imam Ja'far e Sadiq a.s said:

1. Who washes his hairs with hollyhocks on Friday he will be safe from vitiligo and madness?

(Al kafi vol 3 pg 418)

2. Basil is the prophets' favorite. It has 8 benefits in which prevention from leprosy is the smaller one.

(Al Kafi vol 6 pg 364)

3. Cook beetroot leaves with cow's meat it eliminates vitiligo.

(Al Kafi Shaikh vol 12 pg 592)

4. Bani Israel suffered from vitiligo, then Allah Almighty said to Musa a.s to tell them to cook the cow's meat with beetroot and they got cured.

(Al Kafi vol 6 pg 310)

5. Cook cow's meat with beetroot, fenugreeks and chives and eat twice in week.

Imam Musa e Kazim a.s said:

Dry sawiq with meat cures vitiligo.

(Makarim ul Akhlaq pg 484)

Beneficial things:

1. Chives juice for two weeks
2. Peanut lentils soup
3. Eat meat with beetroot leaves and celery once in three days.

Tib e Ahlebait Medicines:

1. Ibn e Bastham
2. Henna
3. Saaf kunandeh
4. Shafia
5. Noora
6. Jame'+ bitter almond oil or spruce oil
7. Washing hairs with hollyhocks

Dua:

1. Reciting tasbih of Bibi Fatimah a.s after every prayer prevents you from vitiligo.

2. Recite 10 times daily

اللہ الرحمن الرحیم لاحول ولا قوۃ الا باللہ العلی العظیم

Imam Ja'far e Sadiq a.s said:

Offer two rikat prayer and recite this:

يَا اللّٰهُ يَا رَحْمٰنُ يَا رَحِيمُ يَا سَمِيعُ وَيَا سَامِعَ الدَّعَوَاتِ يَا مُعْطِيَ الْخَيْرَاتِ أَعْطِنِي خَيْرَ الدُّنْيَا وَخَيْرَ الْآخِرَةِ وَقِنِي شَرَّ الدُّنْيَا وَشَرَّ الْآخِرَةِ وَأَذْهِبْ عَنِّي مَا أَجِدُ فَقَدْ غَاظَنِي الْأَمْرُ وَآحْزَنَنِ

(Tib ul Aimma a.s pg 102)

Imam suggested to younas bin 'imad who has claimed about this issue that:

Take Wazoo near fajar time and offer tahajjud and recite this in the last sajdah of 2nd rikat:

(يَا عَلِيُّ يَا عَظِيمُ، يَا رَحْمٰنُ يَا رَحِيمُ، يَا سَامِعَ الدَّعَوَاتِ، يَا مُعْطِيَ الْخَيْرَاتِ، صَلِّ عَلَى مُحَمَّدٍ وَآلِ مُحَمَّدٍ وَأَعْطِنِي مِنْ خَيْرِ الدُّنْيَا وَالْآخِرَةِ مَا أَنْتَ أَهْلُهُ وَاصْرِفْ عَنِّي مِنْ شَرِّ الدُّنْيَا وَالْآخِرَةِ مَا أَنْتَ أَهْلُهُ أَذْهِبْ عَنِّي هٰذَا الْوَجَعَ)

فَإِنَّهُ قَدْ غَاظَنِي وَآحْزَنَنِي

And take name of your disease and pray with submission and reverence.

Younas said that I've done the same and got cure.

(Hilyat ul Muttaqeen pg 124)

1. Offering prayers
2. Fasting
3. Reciting ziyarat e a'shoora
4. Fasting 4 days in Rajab's month
5. Cupping in 2nd, 17th and 19th of Islamic months
6. Pilgrimage of holy Ka'ba
7. Filling some one's desire

Prohibitions:

1. Using water which is warmed in sunlight
2. Relations in menstrual period of women
3. Eating lepidium sativum at night
4. Raisins and milk along

5. Vinegar + lentils along
6. Henna on Friday and Wednesday
7. Cupping on Wednesday
8. Melon at early morning
9. Yogurt
10. Haleem (soup of meat with wheat)
11. Milk+ fish

Hirsutism

Extra hairs and fuzz on face and body.

Reasons:

1. Androgens
2. Pcos
3. Melancholic

Treatment:

1. Daroo e Sodabar

2. Senna + roses it can cause motions but it is not dangerous it cleanse the stomach
3. Massage with broad beans peels after threading 3 to 4 times in a day
4. Fennel water
5. Noora + grape vinegar
6. Turmeric + lemon juice make paste and apply (Tib e Sunnati)
7. Pumpkins seeds

Things to avoid:

1. Chicken's meat
2. Sour
3. Cow's meat
4. Fast food
5. Food from outside
6. Sweets etc.

Bromhidrosis

In this case body stinks especially under arms, feet and under belly.

Reasons:

1. Sweating glands problem
2. Untidiness, mess

Treatment:

1. Daroo e Sa'thar
2. Daroo e booye badan
3. Massage with apple vinegar before taking bath and when dried apply henna
4. Use roses
5. Chew cardamoms
6. Bath

Scabies

Scabies is a skin infestation caused by a mite known as the Sarcoptes scabiei. Untreated, these

microscopic mites can live on your skin for months. They reproduce on the surface of your skin and then burrow into it and lay eggs. This causes an itchy, red rash to form on the skin.

Reasons in Tib e Islami:

1. Heat of liver
2. Sanguineous

Symptoms:

1. hair color becomes blurry and they can fall
2. dry or moist itchiness
3. the itchiness may occur between fingers wrist and thighs which causes disturbance in patient it increases at night. By scratching smallpox occur on the skin.

Medicines:

1. Murakkabe 1
2. Saaf kunandeh
3. Daroo e ahlij
4. Daroo e poost malidani
5. Almond oil + curd
6. Cupping of feet 3 times
7. Phlebotomy from right feet
8. Chives
9. Jojoba
10. Plums
11. Salad leaves
12. Pomegranate
13. Beetroot leaves
14. Chicory
15. Soup of peanut lentils
16. Sawiq e adas

Things to avoid:

1. Fish
2. Vinegar
3. Eggs
4. Sour
5. Plastic utensils

Narrations of Ahlebait a.s

1. Once a man came to Imam Sadiq a.s and complained about itchiness.

Imam told him, it is due to liver's heat and suggested him to venesection on feet. And take 6 ½ grams of sweet almond oil and mix it with dried curd and eat. Avoid fish and vinegar.

(Makarim ul Akhlaq pg 77)

Imam Ja’far Sadiq a.s suggested a person to do cupping of his feet or ankle to reduce itchiness.

(Makarim ul Akhlaq pg 77)

Once a man complained about spots on body imam Raza a.s suggested him to have some moong soup.

(Makarim ul Akhlaq vol 1 pg 406)

Cure of skin diseases

Imam Ja’far e Sadiq a.s said:

Who recites surah al Hamd after sneeze and rub hands on face. He will be safe from leprosy, vitiligo, migraine, eye pain, itchiness, cataract of eyes and black spots on the body.

(Mustadrak ul Wasail (noori) vol 8 pg 388)

Prophet P.B.U.H said:

Who drinks rain water will be safe from piles, fissures, itching and small pox.

(Zad ul Me ‘ad pg 329)

Imam Ali Raza a.s said:

1. There are four symptoms of sanguineous
2. Body itchiness
3. Drowsiness
4. lightheadedness
5. Pimples and acne

(Al Khisal vol 1 pg 250)

2. Eating salted meat and fish after cupping can cause itching.

(Tib Imam Raza a.s pg 64)

3. Who wants to not suffer from itching should apply violet oil on his body before taking bath.
4. Dried salted meat and fish causes itch.

(Tib ur Raza a.s)

Imam Baqir a.s said:

Eating mud can cause itch, piles, evilness, weakness and reduces sense of worship.

(Al Mahasin vol 2 pg 388)

Boil abscess

Boil abscess occurs mostly in monsoon or at the end of summers.

Reasons:

1. Blood problem

Symptoms:

1. Swelling of skin

2. Inflammation
3. Acne with puss
4. It has layers

Cure:

1. Saaf kunandeh
2. Sodabar and Safra bar
3. Chives
4. chicory
5. lettuce
6. beetroot leaves
7. jojoba
8. imam Ja’far e Sadiq a.s said:

put your index finger on acne and recite this 7 times and give pressure while pressing

(Tib ul Aimma pg 60)

Dry skin

Reasons:

1. melancholy in case of cold temperament
2. hot temperament in case of bilious

Treatment:

1. Daroo e Safrabar
2. Portulaca seeds
3. Senna + rose
4. Portulaca
5. Olive oil on eyebrows and bellybutton
6. Saaf kunandeh
7. Sodabar
8. Barni dates
9. Olive oil before taking bath
10. Apply violet+ sesame oil on head and eyebrows and in belly button at night

Warts

A **wart** is a small growth with a rough texture that can appear anywhere on the body. It can look like a solid blister or a small cauliflower. **Warts** are caused by viruses in the human papillomavirus (HPV) family.

Cure:

1. Apply fig milk or portulaca milk
2. Grape vinegar+ Aloe Vera make paste and apply at night and wash it in the morning
3. Take some onion and pour some sea salt on it and apply this on the warts at night
4. Burn the chickpea plant and apply it on the warts
5. Rotate the barley around it when it turns into green remove the wart.

Hordeolum

A **Hordeolum** is a localized infection or inflammation of the eyelid margin involving hair follicles of the eyelashes (external **Hordeolum**) or Meibomian glands (internal **Hordeolum**).
A **Hordeolum** usually is painful, erythematous, and localized.

Cure:

1. Make a paste with grape vinegar and chia seeds and apply it on eyes

Heat Rash

These are small, red pimples on body. It causes burning and swelling of skin. It can appear on legs as well.

Reasons:

1. Tight clothes

2. Disorder of sweating glands, in which the sweat remains in the body and not come out of the skin
3. Hot foods (temperament)
4. Blood disorder
5. Melancholic
6. Drinking lots of water

Cure:

1. Apply Paste of roses+ vinegar and lentils
2. Apply henna
3. Eat Sawiq e adas (lentils)
4. Saaf kunandeh
5. Daroo e Safrabar
6. Daroo e Turaifel
7. Eat dates with water
8. Massage with muwarid

Birth marks

A birthmark is a congenital, benign irregularity on the skin which is present at birth or appears shortly after birth—usually in the first month. They can occur anywhere on the skin. Birthmarks are caused by overgrowth of blood vessels, melanocytes, smooth muscle, fat, fibroblasts, or keratinocytes.

Treatment:

1. Daroo e henna
2. Noorah

Chickenpox (Varicella)

Chickenpox, also known as **varicella**, is a highly contagious disease caused by the initial infection with **varicella** zoster virus (VZV). The disease results in a characteristic skin rash that forms small, itchy blisters, which eventually scab over.

Symptoms:

Before pimples:

1. Not feeling good
2. Fever which is more intense in adults
3. Muscle pain
4. Loss of appetite
5. Nausea

After pimples:

1. At starting some pimples appears which spreads all over body gradually
2. The pimples appear as bunches on face, legs, chest and on stomach area. They are small and red in color, sometimes they are like blisters and by the passage of sometime they start to dry. They end after 10 days.

Medicines in Tib e Ahlebait a.s:

1. Saaf kunandeh
2. Jame' in water and take bath with it

3. Murakkabe 10
4. Daroo e Imam Musa Kazim a.s

Note:

The family members should take some Daroo e Imam Kazim a.s to boost their immunity and they will not be infected.

Herpes zoster

Herpes zoster, or **shingles**, is a common viral infection of the nerves, which results in a painful rash of small blisters on a strip of skin anywhere on the body. Even after the rash is gone, the pain may continue for months. What causes **herpes zoster**? **Herpes zoster** is caused by the reactivation of the chickenpox virus.

Treatment:

1. Syed ul Adwiyah
2. Saaf kunandeh

3. Jame'+ honey water
4. Daroo e henna malidani

Pilonidal sinus disease (PNS)

A pilonidal sinus (PNS) is a small hole or tunnel in the skin. It may fill with fluid or pus, causing the formation of a cyst or abscess. It occurs in the cleft at the top of the buttocks. A pilonidal cyst usually contains hair, dirt, and debris. It can cause severe pain and can often become infected.

Reasons:

1. Infection of injuries
2. More travelling
3. Heavy weight
4. Sitting at one place for long time

Symptoms:

1. Difficulty in standing and sitting

2. Swelling of cyst
3. Puss and bleeding in cyst
4. Sometimes it makes holes in th skin

Cure:

1. Massage with Jame'+ honey
2. If the cyst is in the ovary and uterus, then apply henna

Desquamation of fingers

Hand eczema or hand dermatitis may cause the skin to peel on the **fingertips**.

Treatment:

1. Violet + sesame oil in belly button
2. Daroo Safrabar and Sodabar
3. Jame' + honey
4. In case of wounds apply Jame' and honey

Alopecia

Alopecia aerate is a condition that causes hair to fall out in small patches, which can be unnoticeable. These patches may connect, however, and then become noticeable. The condition develops when the immune system attacks the hair follicles, resulting in **hair loss**.

The **herpes simplex virus**, also known as **HSV**, is an infection that causes **herpes**. **Herpes** can appear in various parts of the body, most commonly on the genitals or mouth. There are two types of the **herpes simplex virus**.

Treatment:

1. Wash hairs with hollyhocks
2. Massage of head with Daroo e poost Malidani
3. Use sea salt in meals
4. Apply violet+ sesame oil on hairs

5. Saaf kunandeh
6. Cure the liver and blood problems
7. Spindrift
8. Mawrid shampoo
9. Shampoo mujiza giyahi (Tib e Sunnati)

Herpes simplex

The **herpes simplex virus**, also known as **HSV**, is an infection that causes **herpes**. **Herpes** can appear in various parts of the body, most commonly on the genitals or mouth. There are two types of the **herpes simplex virus**.

Symptoms:

1. Painful sores in the genital area, anus, buttocks, or thighs.
2. Itching.
3. Painful urination.
4. Vaginal discharge.
5. Tender lumps in the groin.

Treatment:

1. Daroo e Imam Kazim a.s
2. Massage with violet +sesame oil
3. Don’t moist it with water or tongue

Epidermolysis bullosa (EB)

Epidermolysis bullosa (**EB**) is a group of rare genetic conditions that result in easy blistering of the skin and mucous membranes. Blisters occur with minor trauma or friction and are painful.

Symptoms:

1. Fragile skin that blisters easily, especially on the hands and feet.
2. Nails that are thick or don't form.
3. Blisters inside the mouth and throat.
4. Thickened skin on the palms and soles of the feet.

5. Scalp blistering, scarring and hair loss (scarring alopecia)
6. Thin-appearing skin (atrophic scarring)

Cure:

1. Daroo e Maqal Arzuq
2. Daroo e Hazrat Muhammad s.a.w.w.
3. Saaf kunandeh
4. Syed ul Adwiyah
5. Syrup of Imam Raza a.s
6. Jame'+ honey water
7. Apply paste of jame'+ honey
8. Henna
9. Cupping of both feet

Pityriasis lichenoides chronica

Pityriasis lichenoides chronica (PLC) is a skin disease that causes the development of small,

scaling, raised spots (papules) on the skin. PLC is the relatively mild form of the disease **Pityriasis lichenoides**.

Treatment:

1. Syed ul Adwiyah
2. Saaf kunandeh
3. Noorah+ henna
4. Daroo e Ibne Bastham
5. Maqal arzuq
6. Jame'+ honey water
7. Daroo e Imam Kazim a.s

Leprosy

Leprosy, also known as Hansen's disease, is a chronic infectious disease caused by Mycobacterium leprae. The disease mainly affects the skin, the peripheral nerves, mucosal surfaces of the upper respiratory tract and the

eyes. **Leprosy** is known to occur at all ages ranging from early infancy to very old age.

Prophet P.B.U.H said:

1. Celery opens the blockages, freshens the heart, is good for memory, and prevents from madness, leprosy and vitiligo.

   (Ad Duroos)

2. Celery boosts the memory, it causes freshness and saves from madness, leprosy and vitiligo.

   (Bihar ul Anwar vol 63 pg 239)

3. Oh Ali! Start your meal with some salt it keeps you save from 70 diseases in which leprosy is the smaller one.

   (Al Mahasin vol 2 pg 593)

4. Senna keeps away from leprosy, vitiligo, madness and craze.

(Makarim ul Akhlaq pg 188)

5. If someone recite this three times after fajar prayer he will be safe from leprosy, vitiligo, paralysis.

سبحان اللہ وبحمدہ، سبحان اللہ العظیم وبحمدہ ولا حول ولا قوۃ إلا باللہ

(Al Khisal pg 220)

6. Don't clean your teeth with pomegranate's tree and Mawrid it triggers leprosy.

(Al Mahasin vol 2 pg 125)

Imam Ali a.s said:

Don't eat gland it triggers leprosy.

(Al Mahasin vol 2 pg 564)

Imam Sadiq a.s said:

1. Basil is the vegetable of Anbiya. it has 8 benefits in which It saves from leprosy.

(Al kafi vol 6 pg 364)

2. Cut your mustache and nails on Friday, even if they are not too long because it saves from madness, leprosy and vitiligo.

(Al Kafi vol pg 418)

3. Brush your eyebrows it prevents you from leprosy.

(Tib ul Aimma pg 19)

4. Eat turnips, it cuts leprosy and all diseases.

(Al Mahasin vol 2 Pg 333)

5. Flue prevents from leprosy.

(Tib ul Aimma a.s pg 108)

6. Madinah's sand eliminates leprosy.

(Tib ul Aimma a.s pg 64)

Imam Kazim a.s said:

Eat beetroot leaves it gives you good sleep, cuts leprosy vein and is the best vegetable.

(Al kafi vol 6 pg 369)

Imam Ali Raza a.s said:

Taking bath with the water which is already used for bath, causes leprosy.

(Al Kafi vol 6 pg 503)

Treatment and cure:

1. Daroo e Shafia
2. Mud and dust of the holy shrine of Imam Hussain a.s
3. Jame'+ turnip juice
4. Senna
5. Beetroot

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